

WORKSHOP SCHEDULE

“Healthier Living with Chronic Conditions” *And* “Healthier Living with Diabetes”

HOW TO ENROLL IN A WORKSHOP

The Healthier Living workshop:

- Meets once a week for six weeks; you are expected to attend all six sessions.**
- Includes skills to relieve pain, reduce fatigue, calm anxiety, relieve shortness of breath and soothe muscle tension, improve sleep, and communicate better about needs.
- Gives you back control of life that having a chronic condition can take away.

CURRENT WORKSHOPS (UPDATED MONTHLY)

DATES	LOCATION	TOPIC	DAY	TIME	CONTACT	PHONE	ADDRESS
January 9 to February 13	Norman Park Senior Center	Diabetes in English	Fri	9:45am-12:15pm	AIS	858-495-5500 ext. 3	270 F Street, Chula Vista, CA 91910
January 12 to February 16	Gary Mary West Senior Center	Diabetes in English	Mon	9:30am-12:00pm	AIS	858-495-5500 ext. 3	Gary & Mary West Center 1525 4th Ave. San Diego, CA 92101
January 14 to February 18	El Cajon Library	Chronic Conditions in English	Wed	12pm-2:30pm	AIS	858-495-5500 ext. 3	201 E Douglas Ave El Cajon, CA 92020
January 16 to February 20	Sharp Rees-Stealy Kearny Villa	Chronic Conditions	Fri	10am-12:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	3666 Kearny Villa Road San Diego, CA 92123
January 16 to February 20	Sharp Rees-Stealy Mount Helix	Chronic Conditions	Fri	10am-12:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	1380 El Cajon Blvd. El Cajon, CA 92020

January 20 to February 24	Sharp Rees-Stealy Otay Ranch	Chronic Conditions in English	Tues	5:00pm-7:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	1400 East Palomar Street, 2 nd Floor Employee Lounge, Chula Vista, CA 91913
January 22 to February 26	Navy Medical Clinic Chula Vista Branch	Diabetes in English	Thurs	9:00am-11:30am	NAVY	Joyce DiCicco (619) 532-6528	644 Naples St. Chula Vista, Ca 91911
February 6 to March 20	Poway Library Community Room	Chronic Conditions in English	Fri	1:00pm - 3:30pm	AIS	858-495-5500 ext. 3	Poway Library, 13137 Poway Road, Community Room, Poway, Ca 92064
February 6 to March 13	Park Avenue Community Escondido Senior Center	Diabetes in English	Fri	9:00am - 11:30am	AIS	858-495-5500 ext. 3	210 Park Avenue, Escondido CA 92025
February 11 to March 18	Public Authority-HHSA	Chronic Conditions in English	Wed	1:00pm-3:30pm	AIS	858-495-5500 ext. 3	3890 Murphy Canyon Rd. Suite # 250A San Diego, CA 92123
February 17 to March 24	Lupus Foundation	Chronic Conditions in English	Tue	5:15pm - 7:45pm	AIS	858-495-5500 ext. 3	United Way Building 4699 Murphy Canyon Rd. San Diego, CA 92123
March 6 to April 10	McClellan Senior Center	Diabetes in English	Fri	9:00am-11:30am	AIS	858-495-5500 ext. 3	McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084
March 13 to April 17	Norman Park Senior Center	Chronic Conditions in English	Fri	9:45am-12:15pm	AIS	858-495-5500 ext. 3	270 F Street, Chula Vista, CA 91910

March 16 to April 20	Sharp Rees-Stealy, Mount Helix	Chronic Conditions in English	Mon	5:00pm-7:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	1380 El Cajon Blvd. El Cajon, CA 92020
March 25 to April 29	Public Authority-HHSA	Chronic Conditions in Spanish	Wed	1:00pm-3:30pm	AIS	858-495-5500 ext. 3	3890 Murphy Canyon Rd. Suite # 250A San Diego, CA 92123
April 8 to May 13	Sharp Rees-Stealy, Otay Ranch	Chronic Conditions in English	Wed	5:00pm-7:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	1400 East Palomar Street, 2 nd Floor Employee Lounge, Chula Vista, CA 91913
April 10 to May 15	Lemon Grove Library	Chronic Conditions in English	Fri	10:00am-12:30pm	AIS	858-495-5500 ext. 3	3001 School Ln, Lemon Grove, CA 91945
April 10 to May 15	Sharp Rees-Stealy Kearny Villa	Chronic Conditions in English	Fri	10:00am-12:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	3666 Kearny Villa Road San Diego, CA 92123
April 16 to May 21	Sharp Rees-Stealy Rancho Bernardo	Chronic Conditions in English	Thur	10:00am-12:30pm	SHARP	1-800-827-4277 www.sharp.com/classes	16950 Via Tazon, 2 nd Floor Employee Lounge, San Diego, CA 92128
May 6 to June 10	Public Authority-HHSA	Diabetes in English	Wed	1:00pm-3:30pm	AIS	858-495-5500 ext. 3	3890 Murphy Canyon Rd. Suite # 250A San Diego, CA 92123
June 17 to July 22	Public Authority-HHSA	Diabetes in Spanish	Wed	1:00pm-3:30pm	AIS	858-495-5500 ext. 3	3890 Murphy Canyon Rd. Suite # 250A San Diego, CA 92123
ON GOING DATES	SHARP Healthcare Clinics and open to public	Chronic Conditions In English	ask	Check for times and days	Sharp website	Use website www.sharp.com/classes	www.sharp.com /events * OPEN TO PUBLIC

ON-GOING DATES both English & SPANISH	KAISER Permanente – various locations and open to public	Chronic Conditions Can be in Spanish or English	ask	Check for times and days	Kaiser Permanente – Silvia Kawahara	619-641-4194	Kaiser facility OPEN TO PUBLIC
ON-GOING DATES	Military clinics and healthcare facilities	Chronic Conditions In English	ask	Check for times and days	Joyce DiCicco	619-532-6528	FOR MILITARY & beneficiaries & the public

ABOUT THE WORKSHOP

- Evidence-based; proven results
- A curriculum of Stanford University Patient Education Department
- Trained Peer Educator leaders
- Interactive sessions; contribute your experience and wisdom to the process.

Referrals, Registration or Questions about Bringing Workshop to YOUR Group Call: (858) 495-5500 ext. 3